



# UCOOK

## Crispy Cumin Coated Chicken

**with pumpkin chunks, chickpea salsa & sultanas**

Lush, crispy, cumin-coated chicken pieces sit alongside chunky pumpkin. A spicy chickpea salsa with sweet pops of golden sultanas and a zip of fried garlic elevates this wholesomely chic dish to a whole new level. Quick and easy, simple and tasty!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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♥ Health Nut

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🍷 Haute Cabrière | Chardonnay Pinot Noir

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## Ingredients & Prep

4	Free-range Chicken Pieces
10ml	Ground Cumin
500g	Pumpkin Chunks <i>rinsed &amp; cut into bite-sized chunks</i>
240g	Chickpeas <i>drained &amp; rinsed</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
20g	Golden Sultanas <i>roughly chopped</i>
1	Onion <i>peeled &amp; finely diced</i>
160g	Baby Tomatoes <i>quartered</i>
10g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
40ml	White Wine Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. START** Preheat the oven to 200°C. Place the chicken pieces on half of a roasting tray, toss with the cumin and oil, and season. Place the pumpkin pieces on the half of the roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp.

**2. CRISPY CHICKPEAS** Place a pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 12-15 minutes until crispy and golden in colour. For the best result, only shift occasionally. If they start to pop out, use a lid to rein them in! In the final 1-2 minutes, add the grated garlic, chopped sultanas, and fry for 1-2 minutes until fragrant, shifting constantly.

**3. SPICY SALSA** Place the crispy chickpeas mixture in a bowl. Add the diced onion to taste, baby tomatoes, and ½ of the chopped coriander. Toss through sliced chilli, white wine vinegar, and seasoning — all to taste!

**4. DELICIOUS DINNER** Plate up the pumpkin alongside the chicken and chickpea salsa. Garnish with the remaining coriander. Well done, Chef!



## Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

## Nutritional Information

Per 100g

Energy	515kj
Energy	123Kcal
Protein	7.3g
Carbs	16g
of which sugars	3.4g
Fibre	3.6g
Fat	2.9g
of which saturated	0.7g
Sodium	18mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days